

### ABSTRACT

Appealing traditional nutritious snacks and mixes from which consumers can prepare appealing traditional nutritious snacks are disclosed. These snacks and mixes offer an alternative to appealing but unhealthy snacks. The nutritious snacks of the present invention are traditional in form, provide a balanced mix of an amino acid source, fat, and carbohydrates and typically have an appeal similar to that of unhealthy snacks of similar form. Thus, the snacks and snack mixes of the present invention resolve the dilemma that consumers are currently faced with - healthy eating or enjoying what you eat. Processes for making and methods of using appealing traditional nutritious snacks and mixes from which consumers can prepare appealing traditional nutritious snacks are also disclosed.